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Do not assume content reflects current scientific knowledge, policies, or practices.

Check your meals against these rules—

1. Leafy, green, and yellow vegetables
   One or more servings daily

2. Citrus fruit, tomatoes, raw cabbage, and other high vitamin C foods
   One or more servings daily

3. Potatoes and other vegetables and fruit
   Two or more servings daily

4. Milk, cheese, ice cream
   (See directions inside for replacing part of milk with cheese or ice cream)
   Children through teen age: 3 to 4 cups milk daily
   Adults: 2 or more cups milk daily
   Pregnant women: At least 1 quart milk daily
   Nursing mothers: About 1½ quarts milk daily

5. Meat, poultry, fish
   One serving daily, if possible

   Eggs . . . Four or more a week

   Dried beans, peas; nuts, peanut butter
   Two or more servings a week

6. Bread, flour, and cereals
   (Whole-grain or enriched or restored)
   Every day

7. Butter and fortified margarine
   Some daily

This is the Basic 7 guide for well-balanced meals. In time of emergency, you need to eat less of the scarce foods, more of the plentiful.

FOOD IS NEEDED TO FEED THE HUNGRY—
DON'T WASTE IT

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NATIONAL FOOD GUIDE

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Guide to Good Eating

All kinds of food are good . . . but for health we need variety. Our bodies are made of many materials which must be supplied in the food we eat. We must have foods that yield energy . . . foods that supply the materials for growth and upkeep . . . and foods to keep our bodies in good running order.

You can get all the right kinds of food needed for health by using this simple guide—the Basic 7. Be sure to include in your meals each day at least the minimum number of servings from each group shown on the chart. And make it a point to provide extra large servings to teen-agers and active adults.

Foods within each group are much alike in food value, so one can replace another and give many choices in each group. A few foods are in more than one group. Though all of the food groups could, and often do, appear in one meal, this is not necessary. It's the total for the day that counts. Be sure one serving of food is not counted twice, even though it is listed in more than one group.

Follow the Basic 7 when you plan your garden and what other foods to produce, what to store, what to can.

Follow the Basic 7 when you eat out.

Make lunches and lunch boxes contribute a share of the day's Basic 7.

LEAFY, GREEN, AND YELLOW VEGETABLES

Raw, cooked, frozen, canned

One or more servings daily

Asparagus, green
Beans, snap, green
Beans, lima
Broccoli
Brussels sprouts
Cabbage, green
Chard
Collards
Endive, green
Escarole
Kale
Lettuce, leaf
Mustard greens
Okra
Peas, green
Peppers, green and red
Spinach
Turnip greens
Wild greens
Other greens, including salad greens

Carrots
Pumpkins
Squash, winter yellow
Sweetpotatoes

CITRUS FRUIT, TOMATOES, RAW CABBAGE,

other high vitamin C foods

One or more servings daily

Grapefruit
Grapefruit juice
Kumquats
Lemons
Limes
Oranges
Orange juice
Tangerines

Tomatoes
Tomato juice

Cantaloups (muskmelons)
Pineapples, raw
Strawberries, raw

Cabbage, raw
Greens, salad
Peppers, green, raw
Turnips, raw

A large serving of the above vegetables can be substituted for the fruits listed in this group

If foods in Group 2 are hard to get, use more, especially raw, from Groups 1 and 3.

POTATOES AND OTHER VEGETABLES AND FRUIT

Raw, cooked, frozen, canned, dried

Two or more servings daily

Potatoes
Sweetpotatoes

Artichokes
Beets
Cabbage, white
Cauliflower
Celery
Corn, sweet
Cucumbers
Eggplant
Leeks
Lettuce, head
Mushrooms
Onions
Parsnips
Radishes
Rutabagas
Salsify, or oysterplant
Sauerkraut
Squash, summer
Turnips

Apples
Apricots
Avocados
Bananas
Berries
Cherries
Cranberries
Currants
Dates
Figs
Grapes
Peaches
Pears
Persimmons
Pineapple, canned
Pineapple juice, canned
Plums
Prunes
Raisins
Rhubarb
Watermelons

Also, vegetables and fruits not listed elsewhere

4

MILK, CHEESE, ICE CREAM

MILK . . . whole, skim, evaporated, condensed, dried, buttermilk

Children through teen age: 3 to 4 cups daily

Adults: 2 or more cups daily

Pregnant women: At least 1 quart daily

Nursing mothers: About 1½ quarts daily

On the basis of calcium content, the following may be used as alternates for 1 cup of milk: Cheddar-type cheese, 1 oz.; cream-type cheese, 4 oz.; cottage cheese, 12 oz.; ice cream, 2 to 3 large dips.

5

MEAT, POULTRY, FISH, EGGS, DRIED BEANS AND PEAS, NUTS

MEAT, POULTRY, FISH

Fresh, canned, or cured

One serving daily, if possible

Beef
Veal
Lamb
Mutton
Pork (except bacon and fat back)
Lunch meats, such as bologna
Variety meats, such as liver, heart, kidney, brains, tongue, sweetbreads
Game
Poultry, such as chicken, duck, goose, turkey
Fish and shellfish

EGGS . . . Four or more a week

DRIED BEANS AND PEAS; NUTS AND PEANUT BUTTER

Two or more servings a week

Dried beans
Dried peas
Lentils
Soybeans
Soya flour and grits
Peanuts
Peanut butter
Nuts of all kinds

6

BREAD, FLOUR, AND CEREALS

Whole-grain or enriched or restored

Every day

Breads:
- Whole-wheat
- Dark rye
- Enriched
- Rolls or biscuits made with whole-wheat or enriched flour
- Oatmeal bread

Crackers, enriched, whole-grain, soya

Flour, enriched, whole-wheat, other whole-grain
Corn Meal, whole-grain or enriched
Grits enriched
Cereals:
- Whole-wheat
- Rolled oats
- Brown rice
- Converted rice
- Other cereals, if whole-grain or restored

7

BUTTER AND FORTIFIED MARGARINE

Some daily

ENERGY FOODS

Basic 7 foods give energy and protect health. The foods listed below give chiefly energy. They may be eaten in addition to the Basic 7 foods, but not in place of them.

Bacon
Drippings
Lard, other shortenings
Mutton fat
Poultry fat
Salad dressings
Salad oils
Salt pork, fat back
Suet

Honey
Jams
Jellies
Molasses
Preserves
Sirup
Sorghum

Corn meal, degerminated
Cornstarch
Hominy grits
Macaroni
Noodles
Rice, white
Spaghetti

Unenriched:
- Crackers
- White bread, rolls
- White flour

Cakes
Candy
Chocolate
Cocoa
Cookies
Pastries
Sugar
Other sweets

THE BASIC 7 FOOD GROUPS